



Green Chicken Wrap and Fruit?tacular Salad

Makes: 6 Servings

"I love cooking and I love my vegetables. Avocado and spinach are two of my favorites and they are also good for your body," says Lael. "I have been making this recipe for a while but made it a bit more green. Some of the veggies and fruits were purchased at my local farmers market, along with the honey. I am the daughter of an Air Force member and Air Force veteran. Cooking is one of my many passions."

Ingredients

For the Green Chicken Wraps:

2 cups shredded chicken

Nutrition Information

Nutrients	Amount
Calories	452
Total Fat	15 g
Saturated Fat	5 g
Cholesterol	45 mg
Sodium	662 mg
Total Carbohydrate	59 g
Dietary Fiber	11 g
Total Sugars	20 g
Added Sugars included	6 g
Protein	22 g
Vitamin D	0 mcg
Calcium	202 mg
Iron	3 mg
Potassium	734 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1 cup
	Vegetables	1/4 cup
	Grains	3 ounces
	Protein Foods	1 1/2 ounces

1 large avocado, peeled, pitted, and thinly sliced

1/4 cup fresh spinach, chopped

1/8 cup cilantro, chopped

1/8 cup chopped onion

1/4 cup low-fat mayonnaise

1/2 teaspoon garlic powder

Salt and pepper (optional)

6 10-inch whole-grain tortillas

For the Fruit-tacular Salad (not pictured):

2 apples, peeled, cored, and diced

1 banana, peeled and diced

1 kiwi, peeled and diced

2 tangerines, peeled and separated

1/2 cup diced strawberries

2 tablespoons honey

2 tablespoons fresh lemon juice

Directions

1. To make the Green Chicken Wrap: In a large salad bowl, combine all of the ingredients together except the wraps. Place in the refrigerator for 15 minutes to chill. Once the mixture is chilled, serve with the whole-grain tortillas.

2. To make the Fruit-tacular Salad: In a large salad

bowl, combine all of the fruit, stir in the honey and lemon juice, and combine thoroughly.

Notes

State: Alabama

Child's Name: Lael Jefferson, 11

Source: The 2016 Healthy Lunchtime Challenge Cookbook